

Abstract

Title of the Thesis: Experiences of the Feldenkrais Method Practitioners with group lessons Awareness Through Movement for Children

The Aim of the Thesis: The Aim of the Thesis is finding out possible uses of Feldenkrais Method (FM) - Awareness Through Movement (ATM) in group lessons for children. We will use theoretical sources and information gained by internationally certified practitioners who use FM lessons for children groups.

Method: We will use theoretical qualitative research Phenomenological conception, which has descriptive-analytical character. We chose this research because it was the most suitable one. Its main goal is description and analysis of the experience gained in the specific area. (phenomenon, action, situation or process). We cooperated with internationally certified practitioners who have used FM lessons for children groups. The research was provided by the written interview with open questions. Gained information were analyzed by topic analysis and then evaluated from the view of different topics.

Results: The Thesis was dealing with the phenomenon of group lessons of Feldenkrais method (FM) - Awareness Through Movement (ATM). The results showed that this method and its principles can be used for children with or without specific needs from the age of two or three. We defined key points which are the most helpful for children in Awareness Through Movement Lessons.

Conclusion: This thesis proved that all the practitioners have positive experience with Awareness Through Movement Lessons for children. This method offers interesting possibility for the group Lessons for children, which can support their cognitive, motor and psychological development. This thesis can be used for any future research which will handle with children complex development.

Key Words: Feldenkrais method, Awareness Through Movement, children, group lessons, self-awareness, environment, cognitive development, psychomotor development